From:	Jawbone <upweeklysummaries@jawbone.com>
To:	ehbarak1@gmail.com
CC:	
Date:	Mon, 2/3/2014 10:46:56 PM
Subject:	UP Weekly: Never too Late

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UP

Weekly Summary
Jan 27 - Feb 2
Last sync: Feb 3, 8:00pm

It's a new day, Ehud.

Check out last week's sleep and step averages. Keep living UP to see your progress next week. Track at least three days of steps to receive your weekly summary each Monday.

You got the most sleep
Friday

8 h **40** m

This week's average sleep
4 h **9** m

You hit your goal
2 times

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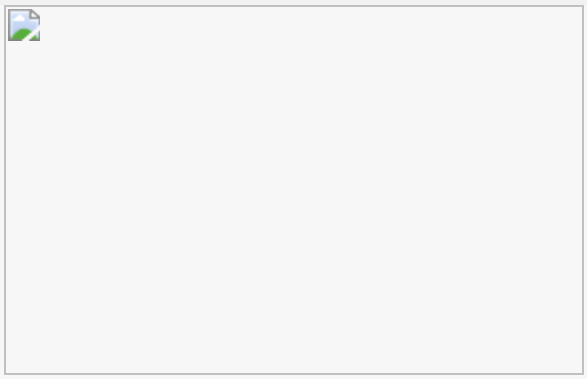
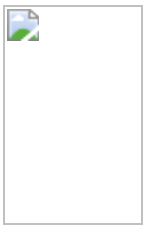


Average bedtime	Uninterrupted Sleep	Average wake time
2:46 am	**3** nights	**6:58** am



Your best night's sleep requires a very dark room...

The ideal sleep environment is completely dark, quiet and cool. When you block disruptions, including pets and noises, you get the best sleep possible.

Your best day of steps

Sunday

10,594 steps

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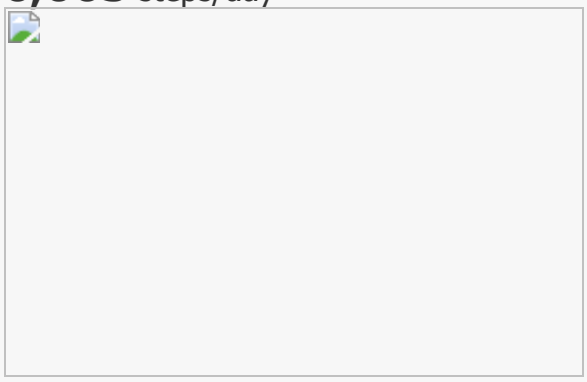
This week's average steps

6,063 steps/day



You hit your goal

1 time

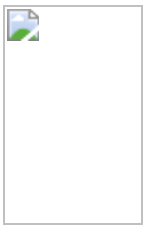
Idle watch

You were most idle

1 pm **-** **2** pm

Total distance

23.2 kilometers



Eat first, then exercise to burn more calories...

Believe it or not, eating actually boosts your metabolism. Post-meal workouts burn even more calories. But, easy does it. Your fitness is the only thing we want to see coming back up.

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